

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Efficacy of a Modified Active Physical Therapy Program on Pain, Muscle Strength, and Function in Adolescent Football Players with Osteitis Pubis

#### Protocol summary

##### Study aim

Is to examine the efficacy of a modified active physical therapy (MAPT) program on pain, hip and trunk muscle strength, and function in young athletes with osteitis pubis .

##### Design

The study was designed as a randomized clinical trial, parallel-group design, of two interventions.

##### Settings and conduct

All assessments and interventions will be carried out at the outpatient clinic of Health and Rehabilitation Sciences Department, College of Applied Medical Sciences, Prince Sattam bin Abdulaziz University, Al-Kharj City, Saudi Arabia

##### Participants/Inclusion and exclusion criteria

The athletes will be included if they have 1) unilateral or bilateral groin pain that increases with movement as sprinting, cutting, and sit-ups and disappear by rest, 2) positive squeeze test, 3) positive symphysis pubis stress tests 4) pubic bone and pubic symphysis joint tenderness with palpation. Exclusion criteria will be; all other differential diagnosis leading to groin pain (e.g. inguinal or femoral hernia, prostatitis or urinary tract disorders), a history of lower limb surgery and/or trauma to the back or hip.

##### Intervention groups

- Two groups: MAPT group and traditional physical therapy (TPT) group. - The MAPT in this study consisted of four stages. Each stage lasted for three weeks. \*1st stage: Pain control & lumbopelvic stability exercise \*2nd stage: Strengthening and core stability exercises \*3rd stage: Closed kinetic chain exercises and balance training \*4th stage: Plyometrics and sport specific training - The TPT group used basic physiotherapy methods including hot packs, Transcutaneous electrical nerve, transverse friction massage, stretching exercise for hip flexors, hip adductors, and hamstring muscles, and Laser therapy.

##### Main outcome variables

- athletes pain, - hip and trunk muscle strengths - lower limb function,

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20210909052421N3**

Registration date: **2023-04-09, 1402/01/20**

Registration timing: **retrospective**

Last update: **2023-04-09, 1402/01/20**

Update count: **0**

##### Registration date

2023-04-09, 1402/01/20

##### Registrant information

##### Name

Nadia Radwan

##### Name of organization / entity

Prince Sattam Bin Abdulaziz University

##### Country

Saudi Arabia

##### Phone

+966 11 588 6500

##### Email address

n.radwan@psau.edu.sa

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-10-11, 1401/07/19

##### Expected recruitment end date

2023-03-20, 1401/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
Efficacy of a Modified Active Physical Therapy Program on Pain, Muscle Strength, and Function in Adolescent Football Players with Osteitis Pubis

**Public title**  
Efficacy of a Modified Active Physical Therapy Program in athletes with Osteitis Pubis

**Purpose**  
Treatment

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Male adolescent football players suffering from osteitis pubis (OP). The player's age ranged from 12 to 18 years, with a history of OP pain extended more than 3 months. If they have unilateral or bilateral groin pain that increases with movement as sprinting, cutting, and sit-ups and disappear by rest. If they have positive squeeze test, positive symphysis pubis stress tests. if they have pubic bone and pubic symphysis joint tenderness with palpation.  
**Exclusion criteria:**  
All other differential diagnosis leading to groin pain (e.g. inguinal or femoral hernia, prostatitis or urinary tract disorders), A history of lower limb surgery and/or trauma to the back or hip.

**Age**  
From **12 years** old to **18 years** old

**Gender**  
Male

**Phase**  
N/A

**Groups that have been masked**

- Participant
- Investigator

**Sample size**  
Target sample size: **50**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
- A researcher who was not involved in the study performed the randomization using enclosed envelopes.  
- The researcher prepared the enclosed envelopes, each envelope with a labeled card as either a modified active physical therapy (MAPT) or traditional physical therapy (TPT) group. - Each patient was requested to choose an enclosed envelope, 1:1 simple randomization, that determined whether he was allocated randomly to the MAPT group or TPT group.

**Blinding (investigator's opinion)**  
Single blinded

**Blinding description**  
The examining researcher was not included in the randomization process and still unaware of the group allocation. During their assessment, patients were asked not to report their treatment allocation to the examiner.

**Placebo**

Not used

**Assignment**  
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Standing Committee of Bioethics Research (SCBR) in the College of Applied Medical Sciences, Prince

##### Street address

ALmanifeia, Alraghi building

##### City

Alkharj

##### Postal code

00966

#### Approval date

2022-10-31, 1401/08/09

#### Ethics committee reference number

SCBR-072-2022

## Health conditions studied

### 1

#### Description of health condition studied

osteitis pubis

#### ICD-10 code

M70.85

#### ICD-10 code description

Other soft tissue disorders related to use, overuse and pressure of thigh

## Primary outcomes

### 1

#### Description

pain

#### Timepoint

pain will be measured at baseline and one week after the end of the treatment period for both groups.

#### Method of measurement

Visual analog scale (VAS)

### 2

#### Description

hip and trunk muscle strength

#### Timepoint

hip and trunk muscle strength will be measured at baseline and one week after the end of the treatment period for both groups.

#### Method of measurement

handheld dynamometer will be used to measure muscle

strength

### 3

#### **Description**

lower extremity function

#### **Timepoint**

it will be measured at baseline and one week after the end of the treatment period for both groups.

#### **Method of measurement**

lower extremity functional scale

### **Secondary outcomes**

empty

### **Intervention groups**

#### 1

#### **Description**

Intervention group. The modified active physical therapy (MAPT) group consisted of four stages. Each stage lasted for three weeks. Stage 1: Pain control & lumbopelvic stability - Stage 2: Strengthening and core stability exercises., Stage 3;Closed kinetic chain exercises and balance training, Stage 4:Plyometrics and sports specific training

#### **Category**

Rehabilitation

#### 2

#### **Description**

Control group: The traditional physical therapy (TPT) group used basic physiotherapy methods.

#### **Category**

Rehabilitation

### **Recruitment centers**

#### 1

#### **Recruitment center**

##### **Name of recruitment center**

Alshulla club

##### **Full name of responsible person**

Khalefah Abdullah Altofel

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Mesherif 15- 45

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<http://alshullahclub.com/About>

### **Sponsors / Funding sources**

#### 1

#### **Sponsor**

##### **Name of organization / entity**

Prince Sattam bin Abdul-Aziz university

##### **Full name of responsible person**

Mohammed Alshehri

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##### **City**

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##### **Postal code**

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##### **Email**

ah.alshehri@psau.edu.sa

#### **Grant name**

#### **Grant code / Reference number**

#### **Is the source of funding the same sponsor organization/entity?**

No

#### **Title of funding source**

Self funding

#### **Proportion provided by this source**

100

#### **Public or private sector**

Public

#### **Domestic or foreign origin**

Domestic

#### **Category of foreign source of funding**

empty

#### **Country of origin**

#### **Type of organization providing the funding**

Persons

### **Person responsible for general inquiries**

#### **Contact**

##### **Name of organization / entity**

Prince Sattam bin Abdulaziz University

##### **Full name of responsible person**

Nadia Lotfy Radwan

##### **Position**

Lecturer

##### **Latest degree**

Ph.D.

##### **Other areas of specialty/work**

Physiotherapy

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## Person responsible for scientific inquiries

### Contact

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prince sattam bin Abdul-Aziz university  
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assistant professor

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## Person responsible for updating data

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associate professor

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

### Study Protocol

Yes - There is a plan to make this available

### Statistical Analysis Plan

Yes - There is a plan to make this available

### Informed Consent Form

Yes - There is a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

### Title and more details about the data/document

Patient information sheet , raw data , results

### When the data will become available and for how long

After publication

### To whom data/document is available

public

### Under which criteria data/document could be used

statistical analysis

### From where data/document is obtainable

Research gate

### What processes are involved for a request to access data/document

via email. research gate

### Comments